



Supreme Chaplain's Monthly Challenge for February 2024 *Cor*

Each month, Supreme Chaplain Archbishop William E. Lori selects a brief passage from the Gospel reading of one of the Sunday Masses, shares a reflection on the passage, and issues a challenge for men to live during the month and discuss afterward.

This resource can easily be used for the Formation key element of *Cor*.

GENERAL INSTRUCTIONS:

- 1) Open with the Sign of the Cross and a brief prayer.
- 2) Re-read the Supreme Chaplain's Monthly Challenge with the challenge that was lived during the previous month.
- 3) Open the floor for discussion on what it was like to try and live the previous month's challenge. Every month has a number of *Questions for Reflection* that may help facilitate discussion. Attendees who did not undertake the previous month's challenge can still participate in the discussion.
- 4) When finished with the discussion, read the Supreme Chaplain's Monthly Challenge for the next month to prepare participants for the new challenge they will strive to live.
- 5) Close by asking if there are any intentions and end with a brief prayer.

PREVIOUS JANUARY 2024 MONTHLY CHALLENGE:

Jesus rebuked him and said, "Quiet! Come out of him!" The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another, "What is this? A new teaching with authority. He commands even the unclean spirits and they obey him." (Gospel for Jan. 28, Mk 1:25-27)

The unclean spirit immediately recognizes Jesus as the Christ and is aware of his power. As St. James tells us, "You believe that God is one. You do well. Even the demons believe that and tremble" (Jas 2:19). We must not take for granted who Jesus is, his presence in our midst and the power he has to help us. Let us always recognize that Jesus is actively working in our lives and seek him daily in our prayer.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, I challenge you to attend Mass and receive holy Communion more often than just on Sunday — daily if possible — to grow in awareness of Jesus' presence and power in the Eucharist.

Questions for Reflection: Do you take the real presence of Christ in the Eucharist for granted? Does the way you dress for Mass reflect that Jesus is present? Do you remain conscious throughout each day of Jesus' activity in your life and turn to him frequently in prayer?

NEXT FEBRUARY 2024 MONTHLY CHALLENGE:

Then a cloud came, casting a shadow over them; then from the cloud came a voice, "This is my beloved Son. Listen to him." (Gospel for Feb. 25, Mk 9:7)

In last month's challenge, we talked about recognizing Jesus' presence and power in our lives. Here, at his baptism, we hear the voice of God instructing us very simply: "Listen to him." It is not enough to acknowledge Jesus as the Christ, the Son of God. We must also be attentive to his teachings — communicated through sacred Scripture and sacred tradition — and respond by following him faithfully. This is the path of the true disciple who understands his own baptismal mission. May we follow this path faithfully throughout our lives.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, I challenge you to spend at least 10 minutes each day in prayerful silence, contemplating the presence of Jesus and listening for his voice.

For more information on the Supreme Chaplain's Monthly Challenge visit: kofc.org/monthlychallenge